

**Among - - -
Homemakers
Grace McKenzie**

Nothing is more satisfying in summer nor more convenient than having a beautiful baked ham on hand for delicious, filling meals. Wonderful hot, ham is also superb sliced cold. There is some form of this delicious meat for any sized family. The baked whole ham does duty at summer buffet parties when the hostess wants to be praised at the least possible expenditure of effort. A half ham is just right for planning several meals for the family, with tempting tidbits of ham to count on for casseroles after the slices of ham have been all used up.

For the smaller family, there are two choices to know about. One is called a Smoked Picnic which is the lower section of the shoulder or foreleg of pork that is smoked and has an appearance and flavor similar to ham. This ranges from 4 to 7 pounds. Then there is a Boneless Smoked Shoulder Butt which is even smaller and averages from 1 to 4 pounds. This is a nugget of very lean rich-flavored meat carved out of the shoulder butt. It is cured and smoked like ham or bacon and has no waste because it has no bone. It is sometimes called "Cottage Roll."

Ham is extremely easy to cook. But it is not always that one sees a ham beautifully glazed and perfectly scored. The glaze is the lovely, glistening coat that is added to a ham half an hour before it has finished baking. There are several ways to do this, depending upon the kind of sweetening used, the flavor of any added liquid and whether or not spiced are added.

The how of ham, that most easy and appropriate meat, follows together with two beautiful glazes and exact directions for doing them.

How To Bake Ham:
Wipe meat with clean damp cloth. Place roast fat side up on rack in open roasting pan. Do not add water. Do not cover. Do not baste. Bake in preheated slow oven, 300 degrees F. to 325 degrees F. (If you have meat thermometer, insert it through outside fat into center of thickest muscle so that bulb does not rest on bone or fat.)

In cooking your ham here is a timetable to follow. Oven temperature 300 deg. to 325 deg. F.

Ham, whole uncooked, 10-12 lbs. 160 deg. F. 18-20 minutes per lb. Ready-to-eat, 10-12 lbs. 130 deg. F. 10 minutes per lb.

Ham, Half, Uncooked, 6-8 lbs. 160 deg. F. 22-25 minutes per lb. Ready-to-eat, 6-8 lbs. 130 deg. F. 10 minutes per lb.

Picnic (shoulder) 170 deg. F. 30-35 minutes per lb.

Boneless Butt (Cottage Roll) 170 deg. F. 40-45 minutes per lb.

Times given are for ham at room temperature when started. Since heat penetrates a thick piece of meat like a ham very slowly, additional time should be allowed when meat has been taken from refrigerator a short time before roasting. (Many hams on the market carry cooking directions which should be used for that particular kind.)

Half an hour before ham or picnic is done, take from oven and remove rind. The fat surface then may be scored and glazed, and the ham returned to the oven for browning.

To score a ham, make diagonal cuts 1-8 inch deep from end to end about 1-2 to 3-4 inch apart. Repeat crossing these lines. Insert cloves in center of squares. Spread with desired glaze.

Spicy Glaze
3-4 cup dark corn syrup
2 tablespoons vinegar
1-4 teaspoon dry mustard
2 in. piece stick cinnamon
1-8 teaspoon Tabasco
6 whole cloves
Combine ingredients in saucepan; bring slowly to boiling point. Spr. /d over ham; baste a tend of 15 minutes. Bake 15 minutes longer.

**On-The-Farm
Sampling Will
Decide Corn War**

Agricultural statisticians of Virginia and North Carolina plan the most extensive corn yield study ever made in the two states

to settle the issue of who wins the corn production contest, say officials of the State College Extension Service and the North Carolina Department of Agriculture.

The corn contest happens to coincide with a new corn yield study being started under the Research and Marketing Act. Frank Parker, chief of the Federal-State Crop Reporting Service in North Carolina and leader of the new project, compares it as the "first large scale study to get accurate measure on corn yields."

"Corn is one crop for which we have a very poor check on yield," Parker says. "For cotton we have a very good check through the ginners. For tobacco, we have a good check through the warehouse reports. But in the case of corn, so much of it is fed right on the farm, that there is really no way to check except to go to the farm and take a sample."

Accordingly, some 3,000 farms picked at random in North Carolina will be visited this fall by "numerators" of Mr. Parker's staff. A numerator will be appointed in each of the 99 counties that grow corn in quantity. In most cases, these men will be local residents qualified to take the samples. The samples will be representatives of the State, with a greater number of samples being taken in the heaviest producing counties.

The survey will cover the eastern part of the State about mid-September and will move west as the crop matures. Numerators will forward their reports to the Institute of Statistics at State College where the data will be compiled.

In what was generally considered an extremely poor small grain year, the Piedmont Branch Experiment Station broke all its previous yield records this year for barley, wheat and oats.

**Health, Dress
Winners Named
At 4-H Club Week**

The naming of State Health King and Queen, state dress revue winners, and winners of a host of other state contests were highlights of the annual 4-H Club Week held last week on the State College campus in Raleigh. The event attracted 1,400 clubsters representing practically every county in the State.

Frances Lancaster, Edgemont County girl, and Ralph Brown, Iredell County boy, were crowned Queen and King of Health at a colorful pageant Wednesday evening. Miss Lancaster, the daughter of Mr. and Mrs. R. W. Lancaster of Sharpsburg, fought her way back to good health from an attack of tuberculosis two years ago. Oddly enough, she had taken an active part in the chest X-ray campaigns against this disease all during the war years.

The Iredell youth was awarded his title for an aggressive drive to improve his own and his family's health. His projects around the farm included anti-rat campaigns, construction of a garbage disposal pit and spray campaigns against mosquitos and flies.

A 17-year old Chatham County girl, Audrey Pearce of Edenton, took top honors at the dress revue Thursday evening. She won the title with a navy blue rayon crepe dress with navy shoes and bag, straw hat, two strands of pearls and white gloves. Second place went to Inez Kiser, Gaston County 4-H'er, with Marie Shirley of Tarboro winning third.

Winners were also named in dairy production, dairy foods demonstration, floor sanding and livestock judging. Many of the youngsters including dress revue and health winners won free trips to the National Club Congress in Chicago this fall along with other honors and awards.

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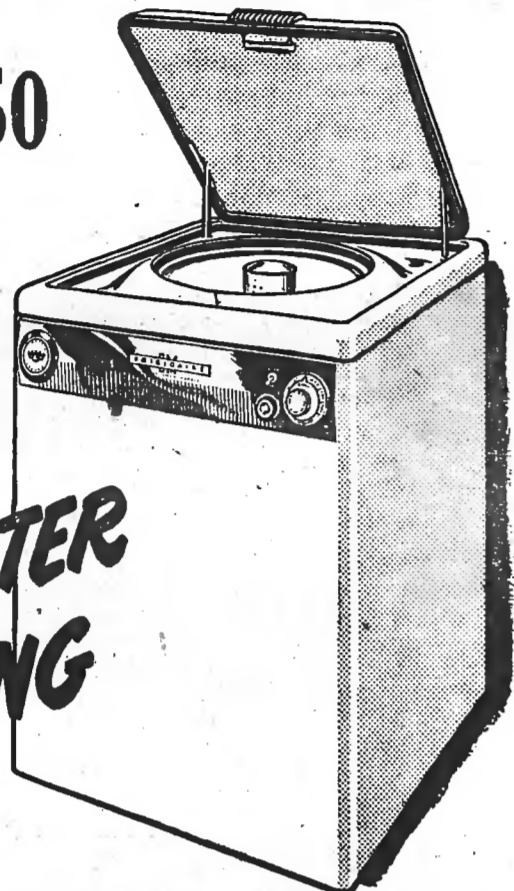
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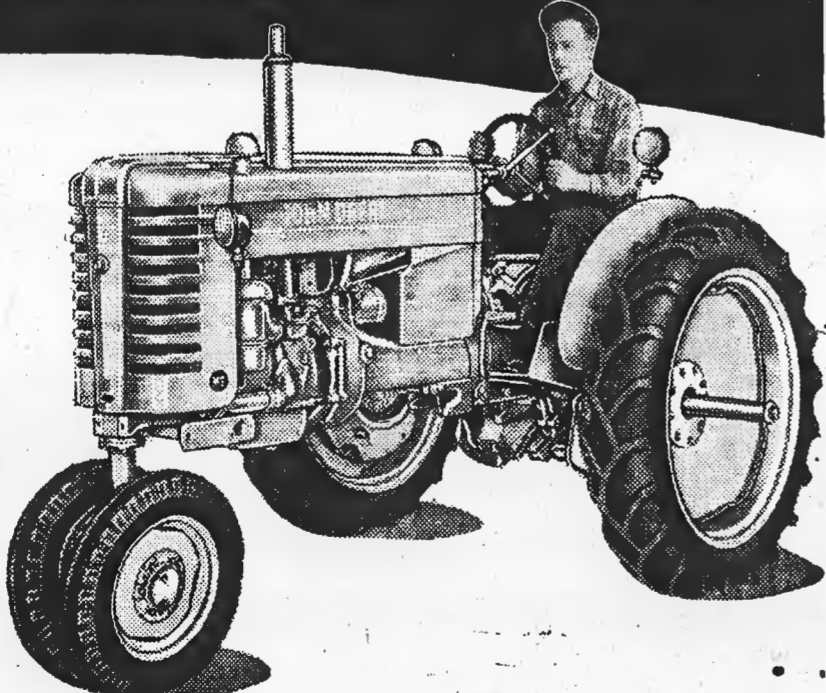


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